Blood Pressure Rises Worry Nixon Doctors

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LONG BEACH, Calif., Nov. 12—Former President Nixon suffers from potentially dangerous sharp rises in blood pressure when he walks around his hospital room or focuses on his problems, his doctors said today.

Dr. John C. Lungren, the former President's personal physician, said these episodes of high blood pressure concern the doctors taking care of Mr. Nixon.

The high blood pressure makes much more risky the anti-coagulation treatment he requires to prevent life-threatening blood clots from forming as a result of the phebitis in his left leg, according to two specialists questioned by The Washington Post.

High blood pressure increases the chance that Mr. Nixon will suffer a heart attack or stroke, or that his small arteries might rupture. Because of the blood-thinning, anti-coagulating drugs that Mr. Nixon is betting, any rupture, no matter how small the artery is, could fail to clot. That means the former President would suffer from more internal bleeding.

He went into shock that brought him to the brink of death two weeks ago because of massive internal bleeding that followed surgery.

Today, Lungren said, "We have documented evidence of marked elevation of his blood pressure over the last several days at times of even minor stressful situations," Lungren said.

"The rise in blood pressure is more noticeable with stressful physical activity (Mr. Nixon is only allowed to walk around his hospital room.) It is also evidenced when he is hpysically quiet and concentrating or engaged in problem solving."

Lungren said that Mr. Nixon's blood pressure jumped to 180 oven 95 yesterday while he was talking to a visitor. Generally, Mr. Nixon's blood pressure remains at a steady 120 over 70 to 80. n

The hospital refused to indentify Mr. Nixon's visitor or disclose the nature of the President's conversation.

A hospital source said Mr. Nixon's blood pressure also shot upward last week during a visit. Again, the hospital source would neither name the visitor nor reveal the day when the blood pressure increased.

But Mr. Nixon's chief aide, Ronald L. Ziegler, said that he and another aide met for almost an hour with Mr. Nixon on Nov. 5 and discussed some business matters. Ziegler said then that the visit obviously tired Mr. Nixon. The first lady of the Philippines, Imelda Remualdez Marcos, spent a few minutes with Mr. Nixon Friday and reported that he was so "weak" that she had to cut her visit short.

"This labile hypertension, or fluctuating elevation of blood pressure, at times of physical and nonphysical stress is a factor of concern to us, particularly with our patient on anti-coagulation," Lungren said.

Nevertheless, he said he still hopes to discharge Mr. Nixon from Memorial Hospital Medical Center of Long Beach late this week.

The discharge, however, depends on the progress of Mr. Nixon's recovery from lung complications — a small amount of fluid in his left lung and a slight case of pneumonia in his right lung.

Lungren said the fluid in "his left lung, known as a pleural effusion, is diminishing." And the pneumonia and failure of some air sacs in the lower lobe in the right lung to inflate, known as atelectasis, also "showed improvement."

But Lungren said Mr. Nixon will have a radioisotope lung scan before he leaves the hospital to make sure that the complications were not caused by a new blood clot that flowed from his leg to his lung. He has already suffered one blood clot in his lung.